

Name: \_\_\_\_\_

Period: \_\_\_\_\_

### **Dietary Guideline #3**

#### **Physical Activity**

**Directions:** While watching the PowerPoint presentation on exercise fill out the following outline, then complete the exercise plan activity.

- In 2003, \_\_\_\_\_ of students in grades 9-12 viewed television 3 or more hours per day. Is that a lot? \_\_\_\_\_ Why or why not? \_\_\_\_\_

#### **Recommendation**

- It is recommended that teens be physically active at least \_\_\_\_\_ minutes a day above usual activities at home or \_\_\_\_\_.
- It is recommended that adults be physically active at least \_\_\_\_\_ minutes a day above usual \_\_\_\_\_ at home or \_\_\_\_\_.
- Exercising regularly helps maintain a \_\_\_\_\_.
- Regular physical activity helps reduce risks of \_\_\_\_\_ pressure, \_\_\_\_\_, Type 2 \_\_\_\_\_, \_\_\_\_\_ cancer, and osteoporosis.
- It's important to set aside a \_\_\_\_\_ to fit exercise into our busy \_\_\_\_\_.

**Activity:** Make an exercise plan using a variety of exercises for a month. Most people choose not to exercise periodically. Choose 5 days of "rest" if you want in your plan. Try to follow your plan.

#### **Exercise Plan**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday